

## **January 31 is your last chance to take the wellness assessment**

Remember, you must take the wellness assessment *by January 31, 2006*, as your first step toward reaching the gold out-of-pocket expense level for 2007 medical benefits. If you are submitting a paper version of the assessment, you must mail it directly to HealthMedia®, and it must be postmarked *no later than January 31, 2006*.

You can take the assessment online at <https://harrishealthtrends.healthmedia.com>. Once you reach the My HealthMedia Web site, click on “Sign up today” and enter your personal access code to get started.

If you don't have your access code, have questions about the wellness assessment or need assistance, contact BROS at 206-684-1556 or [kc.benefits@metrokc.gov](mailto:kc.benefits@metrokc.gov).